

# Beef Tamale Pie - USDA Recipe D150

Meal Components: Vegetable - Red / Orange, Grains, Meat / Meat Alternate

D15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Garlic powder		2 Tbsp		1/4 cup	1. Combine all spices in a bowl. Stir well.
Ground black pepper		1 1/2 tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Chili powder		1/4 cup		1/2 cup	
Ground cumin		3 Tbsp		1/4 cup 2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Raw ground beef (no more than 15% fat)	5 lb 14 oz	3 qt	11 lb 12 oz	1 gal 2 qt	2. Place ground beef and half of spices in a medium stock pot. Heat over medium high heat uncovered for 5-8 minutes. Stir often until meat is well done.  3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.  4. Remove beef from heat. Drain beef in a

*Fresh onions, chopped	14 oz	2 2/3 cups	1 lb 12 oz	1 qt 1 1/3 cups	<b>5.</b> Return pot back to heat. Add onions, peppers, corn, cilantro, and remaining spices. Stir for 30 seconds.
*Fresh green bell peppers	8 oz	1 1/2 cups	1 lb	3 cups	
*Fresh red bell peppers	8 oz	1 1/2 cups	1 lb	3 cups	
Frozen corn	1 lb	2 3/4 cups	2 lb	1 qt 1 1/2 cups	
Fresh cilantro, finely chopped	2 oz	3 1/2 cups	4 oz	1 qt 3 cups	
Water		1 qt 1 cup		2 qt 2 cups	<b>6.</b> Add water. After one minute reduce heat to low.
Canned no-salt-added tomato paste	1 lb 12 oz	3 cups (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 cups (1/2 No. 10 can)	<b>7.</b> Add tomato paste, diced tomatoes, and drained ground beef. Stir well. Simmer uncovered over low heat for 10-15 minutes.
Canned no-salt-added diced tomatoes, undrained	3 lb 4 oz	1 qt 2 1/4 cups (1/2 No. 10 can)	6 lb 8 oz	3 qt 1/2 cup (1 No. 10 can)	
					<b>8.</b> If desired, prepare ground beef mixture ahead and refrigerate overnight.
					<b>9.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>10.</b> Pour 3 qt 2 cups (about 7 lb 6 oz) mixture into each steam table pan (12" x 20" x 2 1/2").

**12.** Critical Control Point: Cool to 41 °F or lower within 4 hours.

Whole-wheat flour	1 lb	3 cups	2 lb	1 qt 2 cups	<b>13.</b> For cornbread topping: Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
White whole-grain cornmeal	1 lb	2 1/2 cups	2 lb	1 qt 1 cup	
Sugar	6 oz	1 cup	12 oz	2 cups	
baking powder		1/4 cup		1/3 cup 1 Tbsp	
Salt		1 1/2 tsp		1 Tbsp	
Frozen whole eggs, thawed	6 oz	2/3 cup	12 oz	1 1/3 cups	<b>14.</b> Combine eggs, milk, and oil in a large bowl. Stir well. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.
Nonfat milk		3 1/2 cups		1 qt 3 cups	
Canola oil		1/2 cup		1 cup	

**15.** Cool meat mixture slightly before pouring batter on top.

**16.** Pour 2 lb 4 oz (3 3/4 cups) batter over cooled meat mixture in each pan and spread into corners of pan.

18. Critical Control Point: Hold for hot service at 135 °F or higher.
19. Remove from oven. Cool for 10 minutes.
20. Portion: Cut each pan 5 x 5 (25 pieces per pan).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

### Serving

NSLP/SBP Crediting Information: 1 piece provides 1.5 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1.5 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb	2 lb
Red bell peppers	10 oz	1 lb 4 oz
Green bell peppers	10 oz	1 lb 4 oz

Serving	Yield	Volume
See Notes	<b>50 Servings:</b> about 16 lb  <b>100 Servings:</b> about 32 lb	<b>50 Servings:</b> about 2 gallons / 2 steam table pans (12" x 20" x 2 1/2")  <b>100 Servings:</b> about 4 gallons / 4 steam table pans (12" x 20" x 2 1/2")

Nutrients Per Serving					
Calories	248	Saturated Fat	3 g	Iron	3 mg
Protein	15 g	Cholesterol	49 g	Calcium	73 mg
Carbohydrate	27 g	Vitamin A	1070 IU	Sodium	389 mg
Total Fat	9 g	Vitamin C	22 mg	Dietary Fiber	4 g